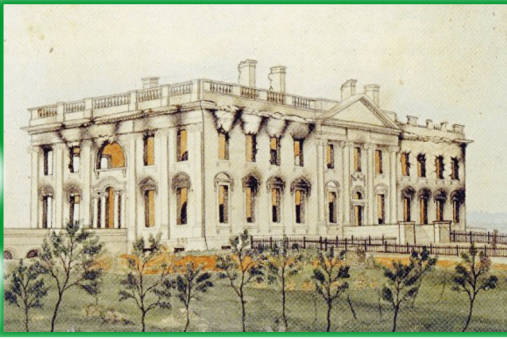


Johnsonville  
High School

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

**OUR NATION'S HISTORY**



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

**WITH LIBERTY & JUSTICE FOR ALL**

**YOU'RE  
GOOD**



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

Johnsonville High School

## NUTRITION TO GO

**Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.**

### A QUICK BITE FOR PARENTS

Friday, March 1

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Corn Dog  
Smile Potatoes  
Beans  
Fruit & Milk Choice

## SWEET TOOTH

**The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!**

Monday, March 4

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Nuggets  
Green Beans,  
Yams, Roll  
Salad w/ Ranch  
Fruit & Milk Choice

Tuesday, March 5

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Hamburger  
Lettuce / Tomato,  
French Fries,  
Beans,  
Fruit & Milk Choice

Wednesday, March 6

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Shepherd's Pie  
Mix Vegetables  
Steamed Broccoli,  
Roll  
Fruit & Milk Choice

Thursday, March 7

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Sausage Biscuit  
Tomato Slices  
Cheese Grits  
Fruit & Milk Choice  
Vegetable Juice

Friday, March 8

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Turkey & Cheese Croissant  
Beans, Chips,  
Let/Tom  
Carrots w/ Ranch  
Fruit & Milk Choice



**ANIMAL APPETITES**

Monday, March 11

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Nuggets  
Mac & Cheese, Green Beans  
Carrots w/ Ranch,  
Salad w/ Ranch  
Fruit & Milk Choice

Tuesday, March 12

**Breakfast**

Breakfast Pizza,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
BBQ Pork on Bun  
Beans,  
Baby Carrots, Cole Slaw  
Fruit & Milk Choice

Wednesday, March 13

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Beefy Macaroni, Roll  
Steamed Broccoli,  
Salad w/ Ranch,  
Carrots w/ Ranch  
Fruit & Milk Choice

Thursday, March 14

**Breakfast**

Mini Waffles,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Patty  
Mashed Potatoes, Pinto  
Beans, Roll, Carrots w Ranch  
Salad w/ Ranch,  
Fruit & Milk Choice

Friday, March 15



**No  
School  
Today**



**What did the  
Teddy Bear  
say when  
he was  
offered  
dessert?**



**“No, thanks. I’m stuffed!”** Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, March 18

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Teriyaki Chicken w/ Rice  
Broccoli, Glazed Carrots  
Salad w/ Ranch, Roll  
Fruit & Milk Choice

Tuesday, March 19

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Filet Sandwich  
Corn, Let/Tom  
Salad w/ Ranch  
Carrots w/ Ranch  
Fruit & Milk Choice

Wednesday, March 20

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Steak & Gravy, Roll  
Mashed Potatoes, Corn,  
Broccoli w/ Cheese,  
Salad w/ Ranch  
Fruit & Milk Choice

Thursday, March 21

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Nuggets  
Green Beans, Roll,  
Yams, Salad w/ Ranch,  
Fruit & Milk Choice

Friday, March 22

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Hot Dog  
French Fries  
Pinto Beans,  
Salad w/ Ranch  
Fruit & Milk Choice

Monday, March 25

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Beef Stroganoff  
Salad w/ Ranch  
Corn, Green Beans,  
Cucumber Slices,  
Bosco Stick  
Fruit & Milk Choice

Tuesday, March 26

**Breakfast**

Breakfast Pizza,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Hamburger  
Lettuce / Tomato,  
French Fries,  
Baby Carrots,  
Salad w/ Ranch  
Fruit & Milk Choice

Wednesday, March 27

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Noodle Soup  
Bosco Stick, Mixed  
Vegetables, Corn,  
Carrots w/ Ranch,  
Salad w/ Ranch  
Fruit & Milk Choice

Thursday, March 28

**Breakfast**

Mini Waffles,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries,  
Salad w/ Ranch,  
Fruit & Milk Choice



Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward  
on  
March 10**

